

Case Studies of Pueraria Mirifica

Clinical Study & Practice on Pueraria Mirifica Herbal Breast Enlargement by Pueraria Mirifica
Ministry of Public Health, Department of Medical Sciences
Medicinal Plant Research Institute, Thailand, July 2000

Clinical Study - Premenopausal Women
Product type : Pueraria mirifica Premium Grade
Function : Health Food (Food Supplement)
Test Period : 2 months
Number of Testers :
31 consumers - placebo
32 consumer 400 mg/day, 15 days/month (*)
34 consumer 800 mg/day, 15 days/month (*)

The results are summarized as below

Efficacy test of Pueraria mirifica consumption as food supplement or functional food in premenopausal women

No. of Tester	34 Persons		32 Persons		31 Persons	
	800 mg /day	Result	400 mg/day	Result	Placebo	Result
Breast Enlargement	28	82.35%	3	9.38%	-	0
Breast Firmness	30	88.23%	13	40.62%	-	0
Healthier menstruation	10	29.41%	2	6.25%	-	0
Increase vaginal secretion	29	85.29%	14	43.75%	-	0
Charisma clearance	4/4	100%	3/3	100%	-	0
Healthier hair	30	88.23%	24	75.00%	-	0
Skin Recovery	32	94.11%	28	87.50%	-	0
Mammary pain	32	94.11%	14	43.75%	-	0

The placebo group contains 31 testers, had received tapioca starch filled capsule to consume 2 capsules/day for 15 days/month started from the first day of the menstruation period, for 2 consecutive months. This group showed no significance change in all record parameters.

The first tested group contains 32 testers, had received 200 mg @ 2 capsules each per day of Pueraria mirifica filled capsule in the same condition as the placebo group.

This group showed significance change with different number in all recorded parameters, including mammary pain (44%) which is related to breast firmness and may relate also to breast enlargement, skin recovering (88%), healthier hair (75%), charisma clearance (100%), increase vaginal secretion (44%), healthier menstruation (6%), breast firmness (44%), and breast enlargement (9%).

The second tested group contains 34 testers, had received 200 mg @ 4 capsules - Pueraria mirifica filled capsule to consume 4 capsules/day in the same condition as the placebo group.

This group showed remarkable change in all recorded parameters, including mammary pain (94%) which is related to breast firmness and may relate also to breast enlargement, skin recovering (94%), healthier hair (88%), charisma clearance (100%), increase vaginal secretion (85%), healthier menstruation (29%), breast firmness (88%), and breast enlargement (82%).

Conclusion

In conclusion, the human test as a food supplement or functional food product has shown its estrogenic effects clearly among testers, including skin reformed, hair complexity, breast firmness, and possible to induce breast enlargement.

Remarks:

400 mg/day is equivalent to 1 tablet of Feminol/Femigra ® by Complete-Pharma
800 mg/day is equivalent to 2 tablets of Feminol/Femigra ® by Complete-Pharma